

A
T R E A T I S E
UPON THE HERB
T O B A C C O,
POINTING OUT ITS
DELETERIOUS PERNICIOUS QUALITY,

A N D

ITS FATAL EFFECTS

UPON THE HUMAN CONSTITUTION, BY THE GREAT
VARIETY OF DISORDERS IT OCCASIONS;

Not only affecting THREE of the FIVE SENSES, to a
great Degree, but impairing the FACULTIES of the
MIND, and even frequently causing premature Death.

B Y A G E N T L E M A N
OF THE UNIVERSITY OF CAMBRIDGE.

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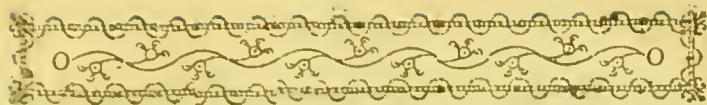
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THE Author flatters himself that this subject will be treated in so copious a manner, that no particular whatever will be omitted that will be requisite to be introduced, with a view of dissuading such as are habituated, from continuing this destructive, loathsome habit.

There are indeed a few modes in which it may be made use of to advantage, which will be instanced.



A

T R E A T I S E

UPON THE

HERB TOBACCO, &c.

CHAP. I.

ABOUT thirty years ago, a celebrated botanist wrote a short essay, which he styled Cautions against the immoderate use of Snuff ONLY, founded upon the known qualities of the Tobacco Plant; in which he mentions some instances of persons who had perished miserably of diseases, occasioned, or rendered incurable, by its use.

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He

He treats of the pernicious quality of this plant in a manner infinitely too superficial for the importance of the subject, confining himself entirely to the effects produced by taking it into the body by the nostrils in Snuff, taking not the least notice of the various other modes in which it is used, which are equally unnatural, loathsome, and destructive; which I shall amply expatiate upon, not neglecting to introduce whatever may be worthy of observation in the Treatise abovementioned.

The officinal Tobacco is the leaf of the *NICOTIANA MAJOR LATIFOLIA*, first introduced into this kingdom in the reign of Queen Elizabeth, by Sir Walter Raleigh, from that part of the continent of America he took possession of, and to which he gave the name of Virginia, in
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compliment to his mistress, the virgin queen.

The Tobacco Plant is narcotic, or in vulgar language, of an intoxicating quality, and has in some degree the effect of opium; and by the sudden violent manner the nerves are irritated when taken into the nostrils, it must be endowed with a peculiar acrimonious quality: it has also an anodyne or soothing quality, of which I shall give an instance in its proper place.

Trivial as this subject may appear to vulgar minds, not accustomed to reflection, who consider things in a superficial and indifferent light, owing to the prevalence and almost universality of this custom; yet when its pernicious effects are fully demonstrated, it will appear to be matter of serious consequence.

I shall first consider the ill effects of this deleterious plant when reduced into powder, and when taken by way of Snuff, the most frequent and fashionable mode of using it: and it may be necessary to premise, that the finer it is pulverized, the more powerful and pernicious its effects; and consequently that that which is termed Scotch Snuff, is more detrimental than the Rappee, or rasp'd fort, unless the latter be adulterated with pepper, white hellebore, or that drastic drug euphorbium, which is a sternutatory of so hot and penetrating a nature, that it never should be introduced into the human body, being a caustic even too rough in its operation for a horse,

The first ill effect occasioned by Snuff is, greatly impairing, if not totally destroy-

destroying the nerves which line the nostrils, intended by nature for the use of smelling, to enable us to discover what may be prejudicial to us, and to afford us the pleasing sensation arising from the several productions of nature ; such as the fragrance of flowers, fruits, plants, wines, the refreshing salubrity of the air, &c. satisfactions and enjoyments of the most pleasing kind,

As there is a passage from the nostrils to the mouth, it next affects the stomach, by mixing with that most useful fluid the saliva, which nature ordained for the purpose of promoting digestion, and for lubricating the tongue for the use of speech. It is found, by analyzing this fluid secreted from the salivary glands, that it has qualities wonderfully adapted to divide the *moleculæ* of food
received

received into the stomach, and convert it into chyle for nutrition ; but the preposterous use of this powder by way of Snuff counteracts this salutary purpose ; for by its acrimony the natural operations of the stomach are disturbed, and by its narcotic quality, the stomach is debilitated, digestion weakened ; and consequently the appetite will be destroyed, which lays a foundation for a great variety of disorders. There is nothing that requires so delicate a state, both of the parts and juices, as digestion ; the inner coat of the stomach, lined with nerves, is injured by the continual application of this acrimonious substance by the frequency of snuffing ; so that the juices which should operate in digestion become greatly altered ; from mild, they are rendered acrid, and from dissolvents, they acquire a degree of
power

power to harden the food received into the stomach, so as to obstruct digestion. Experiments shew, that an infusion of tobacco leaves in water, has in some degree the quality of that infusion of oak bark, which is used by tanners to harden animal substances. Things will produce the natural effects of their proper qualities in the human body, as well as out of it. The liquor of the nose and mouth will receive that tincture from the tobacco, that water does in common infusion ; and the natural and continual heat of the stomach gives it the greatest power that can be given an infusion of this kind.

The first effect of indigestion is flatulency, which is naturally produced by food not properly digested by the stomach, and the most obstinate and incur-
able

able kind arises from Snuff upon this principle.

Half the diseases that torment and destroy mankind, have their origin from bad digestion; therefore indulging in the custom of Snuff-taking, is laying a foundation for the worst diseases; since it vitiates and depraves that juice, without which a good digestion is impossible.

The Oesophagus, the passage from the mouth to the stomach is lined with a great number of nerves, very sensible of irritation, and is of a construction as delicate and as sensible as the membrane of the nostrils, if not more so; and is not only lined with nerves as the stomach, but its inner coat is villous, and by the vessels opening there, it receives
a great

a great deal from the tincture of the Snuff, even before it arrives at the stomach. The injuries the Oesophagus receives by the acrimony of this powder is out of the reach of art, being too far removed from the surface of the body, to be capable of relief from the surgeon's hand ; so that the hurts it receives are extremely dangerous, and sometimes mortal. I remember an instance of a clergyman's wife of the name of Gibbs, who had addicted herself so greatly to take Scotch snuff, that it caused a fleshy tumour in the Oesophagus, which prevented her for several years from swallowing solid food ; being under the necessity of having every kind of meat minced or stewed, the nutritious part of which she sipt through a quill ; but at length she became so emaciated, that she died of a consumption.

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Another

Another sense which is greatly affected by the frequent use of Snuff, is vision, contrary to vulgar opinion. Nature has ordained certain fluids to nourish the different humours of that most curious and wonderful organ the eye; and when there happens to be too great a drain or loss of the juices which are to maintain it in its natural state, the sight will be injured and impaired; the rays of light, having entered at the pupil of the eye, are then refracted through three different humours of different densities, *viz.* the aqueous, the vitreous, and the crystalline, before they can meet in a focus to paint the object distinct upon the retina: if the eye be much impoverished of this necessary fluid, by the frequent irritation of the nerves of the nostrils by Snuff, it must of course flatten and become less convex, which by the laws

laws of optics, must occasion the rays to diverge, so as not to meet in a focus upon the retina, as they otherwise would; this brings on a premature decay and defect of sight. The reason that persons advanced in years do not see objects so clear as they are used to do, is owing to the same cause, as that arising from excess of Snuff-taking, that is, the decay of the humours flattening the eye; which requires when they read, for instance, that a book be placed at some distance, to enable them to see distinct. In short-sighted persons, the defect is just the contrary, the too great convexity of the eye; so that to see distinct, they must bring an object very close to their eyes, because the rays converge, and meet too soon in a focus.

With respect to the extreme injury the sense of seeing receives from excess of Snuff-taking, I can speak with the greatest confidence and certainty, from a variety of instances I have observed of its baneful influence upon others, and from experience upon myself.

I was acquainted in a very respectable family, where the lady, the mistress of it, from a melancholy turn of mind she gave way to, owing to the loss of an only favourite child, had recourse to Snuff by way of amusement, which she took to such an extreme degree that was astonishing. Her husband perceiving that it impaired her appetite, and that her eyes became much inflamed, and began to decay, used every argument in his power to dissuade her from continuing the use of it; but to no purpose.

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The continual drain of humours for a series of years, from the excessive quantity she made use of, of the most pungent kind of Snuffs she could procure, had such an effect, that it deprived her of sight ; and I saw her in that situation.

Another instance I recollect, was of a clergyman, Doctor Barton, rector of St. Andrew's, Holborn, London. He had been so accustomed to the habit of taking Scotch Snuff, that he scarce was ever free from a pinch of it between his fingers, not even when preaching, as I have observed. The consequence was, that he was deprived of the pleasing comfort and happiness of sight some years before his death, which all his friends attributed to excess of Snuff.

When

When a young student in the university of Cambridge, I remember the master of a college there, who had accustomed himself to this loathsome, pernicious habit to such an extreme, that it not only affected his sight, but even his intellectual faculties to such a degree, that he became a mere driveller, quite stupid, the ridicule of the society he belonged to, by the effect of the narcotic quality of snuff.

With respect to myself, I acknowledge I was so infatuated as to use Snuff for some years in great quantity, which occasioned so great a drain of humour at my nostrils, that I found my eyes became impaired, and beginning to flatten and decay: I reflected upon the absurdity and bad tendency of continuing so pernicious a habit, and had resolution to desist; or, I am
thoroughly

thoroughly convinced, must by this time have been entirely deprived of my sight: this was about nine years ago; nor have I ever touched a particle of it since, and now I hold it in the utmost abhorrence.

As the herb Tobacco is a strong narcotic, it occasions not only vertigos, but even sometimes apoplexies; and it is a general observation amongst physicians, that persons who have been much accustomed to Snuff-taking, are more subject to this misfortune, than such as have never made use of it.

That it is in some degree of an intoxicating quality, every person must be convinced by experience, upon the commencement of the practice, in each of the modes it is used. It is apt to occasion convulsions in tender constitutions.

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I knew an instance of a lady of a very delicate frame, who by the persuasion of her waiting woman, was induced to make use of some fine Roll Tobacco to clean her teeth and sweeten the mouth : some of the saliva, tinged with it, through inadvertency, was swallowed into the stomach, which had such an effect that it brought on strong convulsions, insomuch that it endangered her life.

I recollect, a few years ago a very singular and fatal instance of a lady, sister to a very worthy alderman, one of the representatives of the city of London, being induced by the advice of an old woman in the neighbourhood, in the country, to take a decoction of Tobacco for a disorder she had in her bowels : she unfortunately took a quantity of it about
 nine

nine o'clock in the evening, went to bed, and died convulsed before two in the morning.

The taste is very greatly affected by the humour from the nostrils, tinged with the Snuff, falling continually into the mouth, and rendering the nerves in a manner callous, and in some measure useless; so that a person cannot enjoy that relish for what he eats, in that degree he would have done, had he been free from this habit.

Nor has an habitual Snuff-taker the pleasure of distinguishing the delicious flavour which the different kinds of viands, spices, fruits, and wines afford. This, one would imagine, would be no small mortification and denial to a person of nice sensations, not only to be depriv-

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ed of the means of relishing flavours; but to have his taste, as well as the sense of smelling, impaired in an equal degree by the same habit.

By chemical analysis it is found, that the Tobacco Plant yields an oil of the most pernicious quality—the rankest of all vegetable poisons, and the most rapid in its progress. When a young student in the university of Cambridge, I attended Dr. Heberden's Lectures on the MATERIA MEDICA. To shew us the mischievous, dangerous effects of this plant, he dropt the least quantity possible of the oil of Tobacco upon the tongue of a pigeon, which had not been given many minutes, before it fell into convulsions, fluttered, and died. He then dropped six drops of the same oil upon the tongue of a strong dog, which

which was tied to a table for the purpose of experiment; the poor animal died greatly convulsed, in about twenty minutes.

That it impairs the faculty of the mind in some degree, by its excess, I am perfectly satisfied. What is the immediate seat or source of genius and imagination, or how the soul is connected with the body, the short line of human understanding is not able to fathom, therefore we cannot assign the reason why the rational powers are impaired less in some, and greatly in others, by the effect of Snuff: or why some, as is really the case, are totally deprived of them, and sink into a state of absolute idiotism by its excessive use, while others seem to be but little affected. But this is evident, that whatever im-

mediately affects the brain, is capable of disturbing the operations of the mind ; and in some cases, of absolutely obstructing, or even irrecoverably destroying its faculties.

Curiosity might lead us to wish for a more perfect knowledge of this important matter ; but it is enough for practical uses, that we know that injuries of the brain will affect the understanding. We see how very near the brain is to the nostrils, and how very intimate a connection there is between them, by that amazing expansion of nervous filaments which line those openings ; and it is evident how easily the nerves are irritated, and how they may absolutely be destroyed by Snuff. The sooner the nerves are destroyed, the sooner the effect of this pernicious powder upon the
brain

brain is intercepted and prevented ; and it may be, that by the loss of smell, the understanding of such persons may be saved.

Another dreadful evil attending this practice, is its occasioning fleshy excrescences, or polypusses in the nostrils, which often terminate in cancers altogether incurable. A great variety of instances of this kind might be adduced, some of which I shall mention, that have fallen under my observation :—A person of the name of Francis, surgeon and apothecary, who, though thoroughly sensible of the many ill consequences attending the habit of Snuff-taking, had not the resolution to abstain from it, but even made use of the most pungent sort he could procure. The consequence was, a large fleshy excrescence that filled one
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of his nostrils, in the form of a polypus, which affected not his voice only, but his breathing, to a very high degree, which he was under the necessity of having taken off with an instrument; whether any other ill consequence ensued, I know not, having not seen him since.

Another instance was, of a gentleman who made use of an immoderate quantity of this corrosive, pernicious powder, the acrimony of which occasioned fleshy excrescences in both nostrils, which became extremely inconvenient and troublesome to him, and being loath to have recourse to a surgeon, neglected them so long, that they degenerated into cancers, which were attended with the most fatal consequence. I could enumerate some other cases where polypusses have been

been produced by the acrimonious quality of Snuff, being used to extreme: but one would suppose, that the above would be sufficient to deter persons, however strongly addicted to this habit, from continuing so destructive a practice.

I have observed that an excess of this powder taken by way of Snuff, causes, by its extreme acrimony in irritating the nerves of the nostrils, too great a drain of humours, so as to prejudice the eyes; this great waste is attended with another ill effect, that is, in carrying off the juices which nature intended should plump up the muscles of the face, which render the countenance florid and comely; this loss and drain, has a tendency to depress the muscles, to render them flaccid, and to give the visage a furrowed, wrinkled appearance, causing
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the complexion to have a fallow, cadaverous colour.

Another very great evil and inconvenience attending this idle, loathsome, pernicious custom, is, depriving persons of a clear, distinct utterance, causing a nasal pronounciation, perverting and counteracting the design of Providence, in endowing the generality of mankind with a clear, melodious, engaging sound of voice, which by this practice becomes inarticulate and disgusting. This loss in the vulgar, lower class of people, is not of much consequence ; but to persons of a liberal, elevated rank in life, the case is quite otherwife. What can appear more ungraceful and disgusting in a clergyman, a barrister at law, or any gentleman who has occasion to speak in public, than instead of a clear, harmonious

nious, distinct utterance, to fatigue and disgust their audience, with a snuffling, grunting, inarticulate, confused sound through the nose? The finest piece of oratory that ever was composed, uttered in so offensive and disagreeable a manner, would, I conceive, be so far from charming, rousing, and affording that ecstatic, animating pleasure, which is excited by distinct utterance, from a clear harmonious voice, accompanied with a graceful delivery, that it would have quite the contrary effect; for the manner, with the generality of mankind, has a more forcible effect than the matter; most persons are capable of judging of the former, but the judicious few only of the latter.

Another particular I cannot avoid animadverting upon, and this is not of the

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least consequence, which is, the great indelicacy of continually blowing this powder out of the nostrils, together with a quantity of humour disagreeably tinctured with it, and this not only about the person's own face and cloaths who uses it, but even frequently in the faces of such as may happen to be placed near him ; having every ten minutes recourse to the handkerchief, the flag of abomination, as Dr. Smollet, I remember, justly and humourously styles it, when describing the customs of the French. Can any thing, properly considered, be more offensive and disgusting than such a practice in genteel company, and particularly in the presence of the ladies, before whom a well-bred person should never be guilty of any thing, that in the least favours of indelicacy and disrespect ?

Some

Some alledge as an apology for this odious, pernicious habit, that a pinch of Snuff enlivens, and supplies them with a fresh flow of spirits. It is true, it will have that effect for a moment; but it is upon the same principle as a glass of spirituous liquor, it will exhilarate for an instant; but, like a bow that is bent beyond its due tone, its elastic power will be weakened after. And here I cannot avoid observing, that the two habits, I mean Snuff-taking and Gin-drinking, indeed they may be termed not only habits, but vices, these, among the lower class of people, are generally concomitants, which after a course of time appear very visible in their countenances, rendering them pale and fallow, nasty and disgusting; and by weakening, and at length destroying the powers of digestion, emaciating their

bodies, and bringing on a premature death.

The long continued use of Snuff, particularly that termed Scotch Snuff, discolours, and if I may be allowed the expression, embrowns the complexion, upon two accounts ; by draining off the fine juices which give that vermilion tint to the cheeks particularly, which nature designed to give grace and beauty to the countenance, as before observed ; the other by the continual spreading it over the face, by the mode of using it. This to men, I admit, is of little consideration ; but to the fairer, softer sex, is a matter which should not be lightly regarded, as this abominable, loathsome, disgusting practice must, upon several accounts, render them less pleasing and amiable in the eyes of those,

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to whom it is natural, they would wish to appear in the most engaging, agreeable light.

I have heard some urge as a reason for the use of Snuff, that it is with an intention of clearing their eyes ; others, to relieve them of the head-ach. That a little Snuff, used medicinally upon a proper occasion, as a sternutatory, may carry off a superfluous humour from the eyes, or from some vessels of the head which may be overloaded with mucus, &c. no person can deny ; though there are sternutatories more innocent and efficacious than Snuff ; such as Marjoram dried and reduced to powder, with one fourth or one fifth of Asarabacca, or the herb Syrian Marum, an excellent errhine, would answer the intention with fewer inconveniences than the herb Tobacco.

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That either may prove serviceable, used upon emergency, there is not the least doubt; but what I insist upon is, the prejudice received from a continuance of the practice, which becomes an abuse, when neither of the cases above stated occur to require it. The salutary effects of a concussion of the frame of the body by the action of sneezing occasionally, must be admitted to be very considerable and salutary. There are many glands about the head designed by nature for the separation of viscid, mucous substances, by which means various sinusses, or cavities, of great service in the animal economy, are frequently overloaded with such matter, that some vessels adjoining are impeded in performing their functions, the circulating fluid in them being too turgid, which will cause uneasy sensations, pain, giddiness, and other disorders

orders frequently experienced in the head ; the nostrils are formed for receiving and discharging such superfluous viscidities. A stimulus upon the nerves which line the nose, as a sternutatory, will increase those discharges, and thereby relieve the above disorders, and render the head light and easy.

The action of sneezing I esteem to be very salutary and beneficial to the constitution, upon particular occasions, as an exercise. There is no motion whatever, not even that of vomiting, which so suddenly and forcibly shakes the whole nervous system ; so that in all obstructions of the finer passages, and particularly of the nervous fluid, whatever produces sneezing must be of the greatest service and advantage. And common experience in practice confirms this in
many

many instances of paralytic, apoplectic, and lethargic cases ; where this concussion rouses and enlivens the spirits, by shaking the most remote fibres, promotes the circulation of their proper juices, which before seemed to stagnate, or not to irritate the fibres sufficiently to maintain their natural elasticity. And of so great efficacy is this convulsive motion, that for the expulsion of the fœtus, it has been experienced in an infinite variety of instances to be of peculiar service.

But let it be well adverted to, that the benefits above stated are only to be obtained by persons who have never been habituated to Snuff-taking ; whereas such who have by long custom rendered the nerves of their nostrils callous and insensible, by continually stimulating them
with

with hot, pungent, acrimonious Snuffs, can receive no advantage from them as a medicine: as their nerves cannot be irritated to such a degree, as to excite sneezing by any quantity they can make use of; when the smallest particle would operate upon such as have been strangers to this habit, and produce the most salutary effect.

From the fatal instances produced of the pernicious quality of the herb Tobacco, it must be supposed that it is extremely improper and dangerous to receive it in any form into the stomach: but if at any time proper, it is upon the utmost emergency in a desperate case, when it is supposed a person had swallowed something of a poisonous quality; under such circumstances, a decoction or infusion of Tobacco, I think,

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would be serviceable; as it would prove an instantaneous emetic, and would be immediately discharged, together with what was noxious, out of the stomach, and consequently might not be attended with any ill effects.

I have just hinted before, that a long habit of Snuff-taking, by the acrimonious corrosive quality this herb is endued with, sometimes is productive of cancers; and as this is one of the greatest calamities that can happen to the human body, I cannot avoid enlarging a little farther upon this particular: and it may be observed, that cancers of the nose are as dreadful and fatal as any others. It is certain that Snuff must of all things be most dangerous, where there is the least disposition toward them; for in such cases, what is most necessary, is to keep
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the parts quiet, free from every thing that has a tendency to irritate them; —this reason and experience dictate; therefore Snuff, under such circumstances, should be particularly avoided, as of the most pernicious consequence.

Many women have schirrous tumours in their breasts, which never become cancerous; and in the same manner there may be small and slight schirruses in the nostrils, which, in the common course of things, if not disturbed and irritated, would never become troublesome or dangerous; but any violence offered to such a breast, will cause the painless swelling to terminate in a cancer, whose progress nothing but death can stop: so the acrimonious irritation of Snuff will bring the other schirrus into

the same dreadful state; therefore what I wish to inculcate is, that no person should familiarize himself with this dangerous, corrosive powder of Snuff, who is under the least apprehension of this calamity, or any thing that has the least tendency to it.

There are some other inferior considerations, which I shall slightly touch upon, as inconveniences attending this idle, unnatural custom of Snuff-taking; I term it unnatural, as there is not the least appetite implanted in our nature, to excite us to so pernicious an habit; and I think it should not be esteemed an innocent amusement, as some term it, but even criminal, as it has a tendency, by its excessive use, not only to destroy three of the five senses Providence has been pleased to endow us with, but to
 impair

impair the rational faculties, and by destroying the powers of digestion, to emaciate the body, and bring on a premature death.

It happens frequently that variances and disgusts take place between married persons, when one of them is habituated to Snuff-taking, which the other has an aversion to, and holds in abhorrence. What can be more disgusting to a delicate woman, who has never made use of this nauseous powder Snuff, than to live in society with a man who is habituated, not only to Snuff-taking, but perhaps to the two other modes of using Tobacco, viz. smoaking and chewing, which is sometimes the case ; and *vice versa*, when the wife is habituated to Snuff, and the husband dislikes and abhors it ; there is something

something so disagreeable in the breath of a person habituated to Tobacco, in either of the modes it is used, that renders it extremely offensive and disagreeable to such as have never been accustomed to it.

C H A P. II.

WITH respect to the mode of using Tobacco by way of smoaking, it must be extremely prejudicial to such as are of a dry habit of body, and inclined to be consumptive, and particularly where the lungs are in any degree affected; such persons should, by all means, abstain from this habit. By the continual irritation of the salivary glands of the mouth, a very extraordinary waste of saliva is made, which is so very useful for dividing the *moleculæ*, or particles of our food, in the stomach, and converting it into the nourishment of the body, as
before

before observed : and it is upon that principle, that it tends to reduce corpulency by destroying digestion, and draining the body of some of the most useful juices, and by that means of reducing it to a state of disease, that often proves incurable.

The custom of smoaking brings on a habit of drinking, by exciting unnecessary thirst, which is often attended with many inconveniences.

A long habit of smoaking not only discolours the teeth, rendering them of a black, filthy, and of an unseemly appearance, but is attended with a greater evil, that is, causing the gums, by carrying off the juices which nourish them, to become lax and flabby, and recede from them, by which they appear long
and

and disagreeable, and at length loosening them, so that they drop out of their sockets.

I have seen a variety of instances of the great evil attending this practice, but one in particular of a clergyman, brother to one of the public professors at Oxford, who had acquired such a habit of smoking, that he scarce was ever free from a pipe in his mouth, excepting at his meals, or when performing church duty. The quantity of saliva he discharged was incredible; first his gums became of a pale colour, flabby, and shrunk from his teeth, which had acquired a black, loathsome hue; so that before he arrived to the age of sixty, he was deprived of all his teeth, which, preventing him from articulating his words in a distinct manner, reduced

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him

him to the necessity of discontinuing his function:—he acknowledged that it was entirely owing to the excess of this practice, which he had not resolution to discontinue.

With respect to the taste, and the sense of flavours, I am of opinion that smoaking hardens the nerves, which excite those agreeable sensations, and impairs them in a greater degree than even the tincture received from Snuff.

Tobacco smoaked has an anodyne, or sedative quality, lulls the senses, bringing on an indolent habit, and at the same time tends, like opium, to dull and sodden, in a manner, the faculties of the mind.

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To a person of a phlegmatic constitution Tobacco used medicinally, by way of smoking, may in a small degree be serviceable, but by no means to make a habit of it.

C H A P. III.

TH E filthy, vulgar mode of using Tobacco by way of chewing, is no less prejudicial to health than the two former, as it irritates the salivary glands very greatly, destroys the digestive powers of the stomach, even to a greater degree than the other means in which it is used. Persons habituated to this nauseous, loathsome custom, have their appetites in a course of time so greatly impaired, that they can continue a very considerable time without food, having no inclination to it, whilst they are gratified with Tobacco : and so extraordinary is the

the waste of the juices designed to plump up and nourish the muscles of the face, that their countenances become furrowed and wrinkled, and of a fallow cadaverous cast; but this is a practice chiefly confined to the very dregs of the people. I have observed in some, who have been long habituated to this nauseous custom, that their faces have become in some degree distorted, the muscles have been drawn to the side in which the Tobacco is generally retained in the mouth.

I have known a person who had recourse to the practice of chewing Tobacco to reduce his corpulency, which increased to such a degree as to become troublesome to him; it is true, it had the effect he desired in rendering him thin, but his digestion was much injured,
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and he became so enfeebled, that he had cause to repent the experiment.

If persons addicted to the above pernicious, disgusting habits, will not, out of regard to their own health, and out of reverence to themselves, break off and wean themselves from such filthy, nauseous customs, I think, out of regard to good manners, and respect to those with whom they are connected in society, and particularly domestic society, they should relinquish them, whatever gratification they may afford.

What can be more disgusting and loathsome than to behold a person whose nostrils are continually discharging an offensive discoloured humour, tinged with

with Snuff, a visage brown, foul, and nasty, begrimed with this disgusting powder, as well as linen and cloaths besmeared with it, and in the discharge attended with a disagreeable noise, to the annoyance of such as may be near him?

There is a custom among persons who esteem themselves well-bred, which is very frequently practised, that is, handing their box about, requesting the company to partake of their Snuff; this they consider as a mark of politeness and good-breeding, which, according to my ideas, appears quite the reverse: for what is it, but offering a composition of sn-t from the nostrils, sweat from the fingers, and one knows not what besides? In my opinion it is equally indelicate

indelicate to accept such a compliment, as it is to present it, and that for more reasons than I choose to express.

C H A P. IV.

HAVING expatiated upon the destructive, pernicious qualities of Tobacco, in the different modes it is usually made use of, candour requires I should point out in what instances it may be found useful and serviceable.

When an epidemical disorder happens, such a calamity as the plague ; in such a case, I am of opinion, that it would be extremely proper and adviseable to smoak Tobacco, as frequent as may be convenient, as a preventive. For this dreadful disorder is communicated by the
H air,

air, which conveys the miasma of the disease from an infected person, to any other who has the misfortune to come within their sphere, who receives them by inspiration into the mouth and nostrils, from whence they pass to the lungs, speedily infecting the whole mass of blood.

Smoaking Tobacco may be a means of preventing infection from being received; either by its power of repelling the particles which are the seeds of the disease floating in the air; or perhaps by its acrimonious, pungent, hot quality, destroying their pernicious effect; or by the saliva being so frequently discharged from the mouth, preventing them from mixing with the mass of blood, and the humours of the body; for there is no method more effectual to prevent infection

tion of any kind, than the precaution of not swallowing your saliva, when near a person affected with an epidemical disease, and of applying a handkerchief well saturated with strong vinegar, to the nostrils.

That it has this effect, is sufficiently confirmed by experience; for in the two last great plagues, that proved fatal to so many thousand persons in London, such as constantly smoked Tobacco were free from its baneful influence; and it was observed, that those who were employed in manufacturing it, universally escaped that calamity.

To a person of a moist, cold, constitution, who abounds in a redundancy of phlegm, a pipe of tobacco smoked in the morning may prove serviceable, by car-

rying off such viscidities as foul and obstruct the viscera, and weaken the contractile power of the fibres ; I mean occasionally, but not to become habitual. In cold, marshy situations, Tobacco smoaked now and then, may be of service to keep off the damp vapours ; and I doubt not, it was for this reason it became so universally practised in Holland. I have always observed that wherever any custom generally prevails, that there is always some particular reason for it from the locality of the situation, that is, some peculiar quality in the air, soil, water, &c. requiring it.

As a topick, its medicinal efficacy is universally allowed in maturing tumours, and at the same time that it gives this disposition to the inclosed humour, by its anodyne quality it soothes
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and gives ease to the parts. The leaf softened with oil olive has been applied with success to swellings in the gout and rheumatism,

Water in which Tobacco-leaf has been infused some time, is a common remedy with the lower class of people in cutaneous eruptions, particularly in that loathsome disorder the itch; which is caused by animalcula irritating the fibres between the cutis and cuticula: this was discovered by an Italian physician by microscopical observation, which he communicated to the celebrated Dr. Mead in London,

For the mange in dogs, or horses, Tobacco-water is a remedy that never fails. A small quantity of Tobacco given to a horse that has greasy heels,
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upon his corn occasionally, seldom fails of success. In the colic, or pains in the bowels of a horse, a quantity of the smoke of Tobacco blown into his intestines by the rectum generally gives relief.

That species termed Scotch Snuff, is very efficacious in destroying small insects so destructive to fruit trees and delicate green-house plants. These are the few particulars I can recollect wherein this plant may be serviceable; being but trifling, and bearing no proportion to the almost infinite number of others, that are prejudicial and destructive.

C H A P V.

IT is matter of astonishment when we reflect, that this very plant, endued with such destructive qualities, and so pernicious in its use, yet should by its culture, conveyance, and manufacturing, not only give subsistence to some hundreds of thousands, I may venture to affirm, of people in different parts of the globe, both in America and Europe, but become a very considerable article of commerce,

commerce, and produce so large a revenue, as to be an object of great concern and importance to government.

There are some countries where the use of Tobacco is prohibited, and considering the variety of ways in which it proves prejudicial to mankind, it may by some be thought extraordinary that it should be so greatly encouraged in this country ; as the preservation of the lives, the health, and happiness of the people should be a peculiar object of administration ; SALUS POPULI SUPREMA LEX having been, in all ages, esteemed a fundamental maxim in every good government.

But

But the Minister will say, that the large revenue arising from this Herb, however deleterious, is such, that it can by no means be dispensed with, however prejudicial it may be to the people.

I remember in the administration of Lord North, some well disposed members of the House of Commons proposed a Bill for the suppressing the distillation of English spirits ; alledging as reasons, that a very great quantity of our best wheat was consumed in manufacturing this pernicious liquor, which might be better applied in bread for the support of the lower class of working people ; and that gin had a tendency to destroy their health, corrupt their morals, and inflame them to commit all

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kind

kind of disorders, and even the worst of crimes, which was confirmed by daily experience. The Minister admitted that what was advanced was extremely reasonable, and absolutely true ; but, says he, the revenue arising from it is so considerable, that I can by no means consent to have it prohibited. As if he had expressed himself thus : It matters not whether the working, laborious people have bread reasonable to nourish themselves and families, or that they destroy their health, commit riots, disorders, rapine, murder, &c. provided a revenue is procured by the use of this liquor, that being my principal object. It is said, that the Minister has it in contemplation to lay a duty of eighteen-pence upon every pound of Tobacco; was it eighteen shillings, rather than eighteen-pence, I am of opinion, it would be of great service

service to an infinite number of people who prejudice their health, and render themselves loathsome, by the different modes in which it is used ; as the expence attending it might have more weight and consideration to induce them to abstain from it, than any arguments, however well founded, may have to dissuade them from continuing it.

F I N I S.

